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Body Awareness Track List

1. Arms and Legs
2. Arms, Legs, Hands
3. Hands and Fingers
4. Tummy, Knees, Feet
5. Tummy and Knees
6. Head, Ears and Nose
7. Head and Ears
8. Mouth and Nose
9. Can you find?
10. Jump up and down
11. Wave your arms
12. Relaxing Instrumental

HMC